

## Hockey Sixers Rules

### The Court

- Hockey Sixers is played on smaller pitches, approximately half the size of a normal hockey pitch.

### Duration of the Game

- 3 x 12-minute periods, with a 2-minute interval between periods.

### Playing Numbers

- Six (6) a side competition.
- No more than four (4) substitute players per team is recommended.
- Substitutions can take place at any time during the game or at the end of each period.
- Substitutions are to take place from the half way line on the side of the pitch.
- Minimum of two players of each gender on the ground (per team) at all times in mixed competitions, unless an alternative is agreed by the team captains and facilitators.
- No Goalkeepers. Defenders are encouraged not to stand in front of the goal.

### Uniform

- No uniform required, just wear comfortable sports clothing.
- Similar coloured tops are preferable if registered as a team.
- Bibs will be provided on the night by our Hockey Sixers Facilitators.

### Scoring

- Any player can score from anywhere on the pitch.

### Raised Balls

- Under all circumstances, the ball is not allowed to be raised above knee height.
- Regardless of the condition of play, the last person to touch the ball prior to it being raised above knee height will have a free hit awarded against them, unless it is not deemed dangerous by the umpire.

### Over the barriers

- If the ball travels up and over the barrier, a free hit is awarded against the team that touched the ball last.
- The free hit is to be taken 1m in field from where it went over the barriers, including the baseline
- If the ball travels over the baseline by any team, it is the defensive teams free unless the defensive team intentionally play the ball over the baseline. If this occurs;
  - o A 1v1 is awarded to the attacking team.

# Hockey Game on Sixers

## Drills

- A drill occurs when a player taking a free hit tries to forcefully pass the ball through a defensive player (within their shoulder width), resulting in the ball either making dangerous contact with their stick or any other part of their body.

## 30cm Rule

- In Hockey Sixers, players are not permitted to hit, slap or swing at the ball, only a push is permitted.
- Much like indoor, players are only allowed approximately 30cm of distance for the stick to move before making contact with the ball.
- If a player strikes the ball with a back swing longer than this, a free hit will be awarded to the opposition team.

## Obstruction

- Players must not obstruct an opponent who is attempting to play the ball.
- Players obstruct if they:
  - o back into an opponent.
  - o physically interfere with the stick or body of an opponent.
  - o shield the ball from a legitimate tackle with their stick or any part of their body.

## Tackling

- Players must not tackle unless in a position to play the ball without body contact.
- Reckless play, such as sliding tackles and other overly physical challenges by players, which take an opponent to ground and which have the potential to cause injury will be penalised.

## Use of Body

- Players must not stop, kick, propel, pick up, throw or carry the ball with any part of their body.
- Accidental use of the foot, hand or body is allowed. It is only an offence if:
  - o The player gains an advantage or if they position themselves with the intention of stopping the ball in play.
  - o It is not always an offence if the ball hits the foot, hand or body of a player.
- It is not an offence if the ball hits the hand holding the stick but would otherwise have hit the stick.

## Taking a Free Hit

- For a free hit, a player can:
  - o Play on by dribbling the ball or;
  - o Pass to a teammate
- Goals cannot be scored directly from a free hit
- The defensive player must be at least 3m (5 yards) away from the attacking player.

# Hockey Game on Sixers

## No Goalkeepers

- In Hockey Sixers, there are no goalies! This means that everyone is free to roam the field.
- Players however, are not permitted to intentionally stop the ball going into the goal with any part of their body.
- Only their stick is allowed to prevent a goal.
- Any deliberate use of body to prevent a goal being scored will result in a goal being awarded or a 1v1 being awarded..

## 1v1

- An attacking player starts approximately 15m (4 pads length) from the goal and plays 1 v 1 against a defender (who must start 3m from the attacker).

## Starting the game

- Coin Toss with the winning team starting the game with the first centre pass.
- At a centre pass, all players start in their defensive half, with the midfield players of the opposition team, starting in their defensive half before the first pass.
- The centre pass must be backwards.
- Each time a goal is scored, the team conceding the goal shall re-start the game from the centre of the field, with a centre pass.
- Teams will change sides after each period and will alternate who starts each period.

## Safety

- Hockey Sixers is a non-contact sport. Any intentional body contact is not allowed. Players can attempt to tackle using their sticks. Sticks should not be lifted above knee height at any time.

## Equipment

- Players are responsible for bringing their own hockey stick and safety equipment (mouth guard & shin pads)
- Hockey Victoria will provide the pitch equipment, hockey ball and bibs.